

Renewing Ancient Rhythms

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June 2020

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Thank you for joining this workshop! Over six sessions, you can expect to discover spiritual practices that are suited for your personality and season in life. You will learn about grace-filled spiritual disciplines and create a personal “Rule for Life” that will serve as a reminder of the way you want to grow. I hope you enjoy trying out some new ways of keeping company with Jesus!

In His grace, Heather

Preparation and Materials Needed:

Feel free to print out this study guide or have it ready in a separate tab before you begin watching the first video. We will follow this guide and refer to it throughout the course. These are the resources and materials you will want to have on hand:

1. A Bible
2. Printed version of this study guide or a notebook to write in
3. Access to Renewing Ancient Rhythms video sessions
4. Laptop/computer with internet access

I will be referring to the textbook, *Spiritual Disciplines Handbook: Practices that transform us*, by Adele Calhoun, Revised and Expanded Edition. If you would like to dig deeper into the spiritual disciplines that interest you, this is a trustworthy resource. You can also use the internet to do some independent research between these workshop sessions. However, please be discerning so that you are not misled by spiritual practices that are not biblically based. Please talk with your pastor if you have questions about how to practice a spiritual discipline.

You can begin watching the first video, Session 1 of Renewing Ancient Rhythms now! May God bless you, be gracious to you and give you peace. Enjoy!

Renewing Ancient Rhythms

Session 1: Exploring Ancient Practices



Spiritual Disciplines have been practiced for thousands of years. They “are intentional ways we open space in our lives for the worship of God. They are not harsh, but grace-filled ways of responding to the presence of Christ...” (Calhoun, p. 22). ~Lord, please lead us, by your grace, to new ways we can delight in your presence. May we be in awe of how very near you are, and how very much you love us.

Please fill in the blanks for an overview of spiritual disciplines and how they can help us be transformed:

(Page 17) ...transformation happens as you keep _____
_____.

(Page 19) The church linked _____ for God to intentional
_____, _____, and _____ that gave people
space in their lives to “ _____ ” with Jesus. These intentional
practices, relationships and experiences we know as _____

_____ . The basic _____ of disciplines (or _____)
for the first believers is found in Acts 2:42: “They devoted themselves to the apostles’
teaching [a _____], and to the fellowship [_____], to
the breaking of bread [an _____] and to prayer [another
_____]”.

(Page 20) Spiritual practices simply put us in a place where we can begin to
_____ God and _____ to his word to us... He (the Holy
Spirit) knows how to help us move into the “ _____
_____ of _____ ” that Jesus offers to teach us.

(Page 21) ...we are human _____ not human _____, and that
God is more concerned with who we _____ than _____ we
_____.

(Page 22) Spiritual disciplines are ways we give our bodies to
_____ of _____. They are
ways we _____ our _____ before God.

Take a moment to read over the following list of “Spiritual Disciplines and Desires” to become familiar with the names of the disciplines in the left-hand column (Calhoun, pp. 13-16). You can refer to this list throughout the study.

The Spiritual Disciplines and Desires

Discipline	Desire, Description and Suggestions	
Accountability Partner	To give a regular and honest account of my choices, priorities and temptations to a godly and wise companion who points me to Christ. Be willing to give and receive input and correction. Pray for one another. Contact one another in times of temptation and need. Read and discuss “The Return of the Prodigal Son” by Henry Nouwen together. Pray for one another. James 5:16	S
Bible Study	To know what the Bible says and how it intersects with my life. Systematically studying Scriptures to gain the big picture of what God is doing. Seeking to understand biblical truth. Use tools such as concordances, bible dictionaries and commentaries. Read the bible out loud or listen to an audio recording of the Scriptures. Colossians 3:16; 2 Timothy 3:16	H
Blessing Others/Encouragement	To instill courage, confidence and hope through expressing the delight God has in others. Place your hands on someone’s head, hands or feet as you declare God’s words to them. Speak or write Scriptural words of encouragement and of God’s delight for another. Speak nurturing truth without flattery. Bless people of all ages. Mark 10:16; 1 Thessalonians 5:11	I
Breath Prayer	To pray a simple, intimate prayer of heartfelt desire before God. Repeating a simple one-sentence prayer beginning with a biblical name of God that is meaningful to you. These are short prayers of love and desire such as “Shepherd, Lead me beside still waters”. To be prayed silently while breathing in and out. Refrain from long prayer dialogues. 1 Thessalonians 5:16-18	P
Care of the Earth	To honor the Creator by loving, nurturing and stewarding his creation. Treating animals kindly. Protect natural resources with concern for future generations. Recycle and reuse. Plan a way to make your yard/garden/property/local park more beautiful. Pick up litter. Prune shrubs and pull weeds. Take a walk and give God thanks for his beautiful creation. Genesis 2:15	I

Celebration	To take joyful, passionate pleasure in God and the radically glorious nature of God’s people, Word, world and purposes. Identifying and pursuing those things that bring the heart deep gladness before the Lord. This may include sharing meals, working, serving, worshiping, dancing, etc. Psalm 16: 7, 9, 11	W
Centering Prayer	To quiet the heart and rest in God alone. Waiting before the Lord in open attentiveness. Taming scattered thoughts. Releasing distractions into the hands of God by picturing them floating down a river. Returning constantly to his presence. Be with Jesus. Listen. Be still. Use a prayer word such as “grace”, “peace”, “Father”, or “faithful” to draw your focus continuously back to the Lord. Psalm 62:1	P
Chastity	To revere God by receiving and honoring my body and the bodies of others with purity of thought and action. Accept your gender and express your sexuality in life-giving God-honoring ways. Dress tastefully yet modestly. Refrain from demeaning sexual jokes. Choose to love rather than to use people. Ephesians 5:29-30; Galatians 5:13	S
Community	To express and reflect the self-donating love of the Trinity by investing in and journeying with others. Study and practice the biblical “one-anothers”, be at peace with one another. Exercise your gifts in fellowship with others. Participate in a small group. Go on a mission trip with others. Ask someone to tell you their story then listen deeply and express what it means to you. Colossians 3:15-16	S
Compassion	To become the healing presence of Christ to others. Show mercy rather than passing judgment. Visit the sick and hospitalized. Love others in words and action. Read a gospel account of the crucifixion of Jesus. Dialogue with Jesus about how he must have felt. Ask God where he is calling you to walk in his compassion for the hurting. Mark 1:41	I
Confession and Self-Examination	To surrender my weaknesses and faults to the forgiving love of Christ and intentionally desire and embrace practices that lead to transformation. Replacing sinful habits with healthy ones. Seeking God’s grace to change. Admit to God your propensity to deny and blame others. Ask the Holy Spirit to reveal and convict. Confess to a trustworthy friend or pastor. Write out an apology. Psalm 32:1-2	R

Contemplation	To wake up to the presence of God in all things. Take time to truly see and gaze on others, nature and Scripture. Reflect on what is happening. Let go of what is heavy and burdensome. Breathe deeply and rest in God's presence. Appreciate God's handiwork. See others through God's eyes. 2 Corinthians 4:18	O
Contemplative Prayer	To develop an open, restful receptivity to the Trinity that enables me to always be with God just as I am. Allow a passage of Scripture to sink deep into the heart as a prayer to God. Allow the Spirit to nudge or fill you. Waste time with God. This is a practice of waiting, with a heart awake to God's presence. Light a candle. Allow the light to center your heart in the light of the world. Colossians 1:26-27	P
Control of the Tongue	To change destructive words into authentic, loving and healing speech. To speak life rather than words of death. Refuse to gossip or backstab, lie, or belittle others. Sincerely speak the truth. Do not use words like "You always..." or "You never..." Proverbs 16:24	I
Conversational Prayer	To talk naturally and unself-consciously to God in prayer times with others. Spontaneous, unplanned prayer in public or private. Talking with Jesus throughout the day. Becoming more comfortable praying with others without pretense. Take turns praying with another, a few short sentences at a time. Philippians 4:6	P
Covenant Group	To enter into authentic, confidential and healing relationships with a committed group of fellow pilgrims. Commit to long-term prayer for others and their spiritual transformation. Pray and ask God for the names of a few people with whom you would like to grow in your spiritual life. Ask them if they would meet regularly with you. Romans 12:10	S
Detachment	To nurture the spirit of trust that is attached to God alone. Name and confess attachments that take priority over God. Let go of the notion that possessions and capabilities make you who you are. Give something away. Allow others to win and lead. Walk in freedom to live as God's beloved. Luke 12:15	R

Devotional Reading / Lectio Divina	<p>To prayerfully encounter and surrender to the Living God through attending to Scripture. Contemplative and formative reading of Scripture. Having Scripture guide your dialogue with God. Prayerfully dwelling on a Biblical passage. Practice these steps: <i>Silencio</i> (Silence. Quietly offer yourself to God), <i>Lectio</i> (Read/listen to reading of the same passage of Scripture 2 times, listen for a word or phrase that is brought to your attention), <i>Meditatio</i> (Meditate, ask and listen for direction from God), <i>Oratio</i> (Read one more time and consider how you will respond to God's invitation), <i>Contemplatio</i> (Contemplate). Hebrews 4:12-13</p>	H
Discernment	<p>To delight in and recognize the voice and will of God. Ask for help, counsel, guidance. Go on a retreat to discern the will of God. Seek to bring your heart into alignment with his. Confess any idols of your heart that block your trust in God, and his will and plan for you. Pray: "Not my will, but yours be done" Listen to God as you read Scripture. 1 John 4:1; Philippians 1:9-10</p>	R
Discipling	<p>To be in a relationship where I am encouraged or where I encourage another to become an apprentice of Jesus. Intentionally investing in the spiritual life of another. Attending to the faith of another believer by a more seasoned saint. Pass on what you have been given. Matthew 28:19</p>	S
Examen	<p>To reflect on where I was most and least present to God's love in my day. Asking yourself two questions at the end of the day to assess. Keep company with Jesus through the highs and lows. Be aware and grateful. Make a list of feeling words for the day. Be still in the presence of Christ Philippians 1:9-10</p>	O
Face-to-Face Connection	<p>To connect face to face, in person, below the surface of words and conversation. Seek the Lord's face. Have difficult conversations in person. Thank God for the person as you are looking at them. Notice body language. Practice arriving early and lingering afterwards at events and meetings to allow for time to talk and pray with people. Keep your cell phone tucked away and silenced when you are visiting with another. Psalm 27:8; 3 John 1:14</p>	S
Fasting	<p>To let go of an appetite in order to seek God on matters of deep concern for others, myself and the world. Abstain from food, drinks or desserts to intentionally be with God. Repent and wait on God. Observe fast days during particular seasons or set-apart days. Free up time for prayer. If fasting is new to you, begin by fasting from one</p>	P

Fasting (cont.)	meal. Check with your doctor if you have any health concerns. Adjust your responsibilities appropriately, scheduling segments of time for focused prayer. Drink plenty of water and don't make a show of fasting. When you are hungry, use that feeling as a reminder to stop and pray. The longer you fast, the more gently you will need to break your fast. Matthew 6:16-18	
Fixed-Hour-Prayer	To stop my work and pray throughout the day. Also known as the Divine Office or Praying the Hours. Following a personal liturgy at set hours of the day. According to St. Benedict, "To pray is to work, to work is to pray". Punctuate your work with prayer rhythms. Set alarms as needed to establish rhythm. Attend to God as David did "in the watches of the night". Liturgy of Hours are as such: <i>Vigils</i> : night prayers <i>Lauds</i> : waking-up prayers <i>Terce</i> : giving thanks prayers mid-morning <i>Sext</i> : noonday prayer of commitment <i>None</i> : midafternoon prayer <i>Vespers</i> : evening prayer of stillness <i>Compline</i> : going to sleep prayer of trust Psalm 119:164; Daniel 6:10	P
Forgiveness	To live into Jesus' forgiving heart and stop the cycle of vengeance. Unhook from hate and extend mercy to another who had hurt you. Ask God for grace to see the wrongdoer apart from their actions. Forgive yourself and others as God has forgiven you. Ephesians 4:32	I
Gratitude	To be sensitive to the Holy Spirit's prompting to live with a grateful heart, cognizant of God's work in my life and my abundant resources. Thankfulness. Gratefully sharing who you are and what you have. Expressing gratitude with words like "I am so grateful", "Thank you". Counting your blessings. 1 Thess. 5:16-18	W
Holy Communion	To be nourished by Christ, tasting the sweet depths of redemption. The Lord's Supper, partaking in the sacrament of communion, in remembrance of the death and resurrection of Jesus Christ, was one of the earliest practices of the early church. The first disciples, who were Jewish believers, observed the Passover Meal with Jesus, and partook of unleavened bread and wine which held great significance of God's redemptive plan. Mark 14:13-26	W

Hospitality	To be a safe person who offers others the grace, shelter, and presence of Jesus. Seek to love, not to entertain the guest. Reach out beyond your nuclear family to invite others to a meal. Receive the stranger, anticipating a potential friendship. Have a guest room or comfortable cot available for a surprise guest to sleep on. Honor others. Hebrews 13:1-2	S
Humility	To become like Jesus in his willingness to choose the hidden way of love rather than the way of power. Deliberately keep silent about your accomplishments and talents. Honor others as God does. Help others rise up instead of yourself. Ask yourself how God is calling you to think about the things that make you proud. Ask God to root you in his love and set you free to be who you are. Isaiah 57:15	I
Inner-Healing Prayer	To assist the emotionally broken and wounded as they seek God for the healing only he can give. Listen for the effects of lies or vows in one's life. Place your wounds in the hands of Christ. Invite Jesus into past injuries. As is appropriate, lay on hands and anoint with oil when praying for the healing of another. Ephesians 6:18	P
Intercessory Prayer	To turn my concerns and worries into prayer; to enter God's heart for the world and then prayer from there. Doing spiritual warfare. Praying for God's kingdom to come. Praying for personal concerns and relationships. Participate in prayer chains, prayer meetings and prayer walks. Pray through the Lord's Prayer when praying for another. Romans 8:27; Ephesians 6:18	P
Journaling	To be alert to my life through writing and reflecting on God's presence and activity in, around and through me. Journals can be kept regularly or during times of transition. Can include collection of clippings, drawings, collages, art, poems, etc. Record your journeys. Tell your story. Record prayers and answers to prayers. Psalm 16:7	O
Justice	To love others by seeking their good, protection, gain and fair treatment. Treat others impartially. Be responsible to God. Provide for the poor and oppressed. Refuse to buy products that take advantage of the poor. Amos 5: 14-15; James 2:8-9	I
Listening Prayer	To quiet the inner and outer noise so I can open my heart and listen to God's voice. Responding to God's agenda for prayer. Listening first to God, then presenting your request as he leads. Trust in God's timing. Listen deeply and	P

Listening Prayer (cont.)	humbly. Develop an ear that recognizes God's voice. Say, "Speak, LORD, for your servant is listening", just like Samuel did as a young boy. 1 Samuel 3:9-10	
Liturgical Prayer	To open myself to God through established patterns or traditions of written prayers and readings. Praying prayers written by others, often that have come down to us from the past. Praying or singing Scripture as part of worship (ex. The Lord's Prayer, Benedictions, Responsive Readings). Grounded in repetition and established patterns of attending to God. Matthew 6:9	P
Meditation	To more deeply gaze on God through the written Word and created order. Pay attention to God with your body slowing down, relaxing and breathing deeply. Ponder Scripture. Gaze on the Lord Jesus and his beautiful creation. Don't hurry. Chew on truth and allow the Spirit to move you to praise. Psalm 19:14	H
Memorization	To carry the life-shaping words of God in me at all times and in all places. Choose words that you want to shape your mind and heart. Reread portions of Scripture until they are committed to memory. Listen to Scripture set to music. Write out a verse and tape it up where you will repeatedly see it such as above the sink or on your car dash. Practice dramatically reading God's word aloud. Psalm 119: 11, 97	H
Mentoring	To accompany and encourage others to grow to their God-given potential. Build authentic relationships that provide support and help in specific areas. Modeling given by a more mature believer. Ask someone to help you if you are stuck. Share your lives with a younger married couple if you are married. 1 Timothy 1:18; Titus 2:3-5	S
Mindfulness / Attentiveness	To live wholeheartedly in the present moment, alert to God and without judgment. Observe your own thoughts and feelings. Let go of worry about tomorrow, remain present in what is today. Breathe deeply and slowly to help you slow down. Ask Jesus for grace to let go of all but him. Genesis 28:16	R
Pilgrimage	To go on an outer journey that will lead me closer to God. Intentionally traveling to a holy site as more than a tourist with prayerful attention to the Holy Spirit's movement. Journey to Israel, walking the road or path of Jesus or an apostle. Reflecting along the way. Luke 2:41; Psalm 84:5	O

Practicing the Presence	To develop a continual openness and awareness of Christ's presence living in me. Developing a rhythm that brings God to mind throughout the day. Stopping throughout the day to listen to God. Ask yourself if you are intentionally aware of God's presence. Say to God, "I am here." Repeat special verses to bring you close to God. Isaiah 6:8	O
Prayer of Lament	To take my complaints, anger, sufferings, frustrations, and heartaches to God. Putting words to the content of your heart. Trusting God to hold the pain while you cry. Praying Psalms of lament. Cast your cares on God rather than shouldering them alone. He cares for you. Those who weep and mourn are blessed. It is okay to cry and wail in times of loss and pain. It is completely acceptable in God's sight. Psalm 56:8	P
Prayer of Recollection	To rest in God, allowing him to calm and heal my fragmented and distracted self. Identifying and confessing false self with addictions, sins, and pretense. Move into the reality of forgiveness and communion with Jesus. Withdrawing from urgent affairs and becoming receptive to the depths of life in Christ. Psalm 116:7	P
Prayer Partners	To share the journey of prayer with a trusted companion. Meeting regularly to pray for your concerns and the concerns of the world. Confessing your sins to one another and praying for strength to overcome. Giving thanks for answers to prayer. Develop deeper trust by praying with your prayer partner. James 5: 13-16	P
Praying Scripture	To allow God to shape my prayer life through the words of Scripture. Placing your name in the place of "you" pronouns. Interacting with God around the revelation of the passage. Open yourself to the prayers given in the Bible such as the Psalms. Read a verse, then talk to God about what you have read. Psalm 119:130	P
Prayer Walking	To align myself with Christ and his intercession for the kingdom to come while walking in particular places. Walk through neighborhoods while praying for individual families and neighbors. Walk through church or school grounds, dedicating the activities, people, and work to God. Pray for his kingdom to come on earth as it is in heaven. Offer yourself to be the hands and feet of Jesus in that place. 1 Timothy 2:1-3	P

Rest	To honor God and my human limitations through restful rhythms. Set aside unhurried time to rest. Take vacation. Decide what type of restful activities would help your body and your soul. Psalm 116:7	O
Retreat	To pull back from daily life and spend extended time with God for two to forty days. Withdraw from life so you can see clearly again. Detach from productivity and be in the presence of God to attend to his voice. Psalm 46:10	O
Rule for Life	To live a sane and holy rhythm that reflects a deep love for God and respect for how he has made me. Statement of a regular rhythm that helps bring spiritual transformation and opens one to the presence of God. Romans 12:1	W
Sabbath	To set apart one day a week (traditionally sundown to sundown) for rest and worship of God. Repetitive, regular rest, given for our delight and communion with God. Practice restful activities such as naps, family time, enjoyable visits, singing, reading. Consider lighting a candle then linger long over a family meal. Greet one another with a hearty “Shabbat Shalom!” (Peaceful Sabbath!) Hebrews 4:1, 9-11	W
Secrecy	To follow the simple and often hidden way of Christ. Refrain from compulsion to tell all you know. Hold confidences. Keep your achievements and gift-giving to yourself. John 3:30	R
Self-Care	To value myself as my heavenly Father values me. Honor your body as a living temple for God’s presence. Exercise and eat sensibly. Thank God for the way he designed you. Encourage yourself. Do not neglect yourself. Choose healthy relationships. Value your body and soul as Jesus does. Take time to recover from burnout or grief when needed. Psalm 139:14	O
Service	To reflect the helping, caring, and sharing love of God in the world. Use your gifts and influence to improve the lives of others. Work on service projects to help the poor, imprisoned, missionaries, sick, orphans, elderly or widows. Volunteer with Hospice or your local food bank. Isaiah 58:6-7	S

Silence	To free myself from the addiction to and distraction of noise so I can be totally present to the Lord; to open myself to God in the place beyond words. Commute or exercise without listening to music or a podcast. Leave the TV off. Have personal retreats of silence. Set a timer for 10 minutes and intentionally place yourself in the presence of God without reading or listening to words. Habakkuk 2:20; Revelation 8:1	R
Simplicity	To uncomplicate and untangle my life so I can focus on what really matters. Downsize possessions. Let them go. Cut back on shopping and spending. Eat simple foods. Enjoy simple pleasures that do not cost money. Remove distractions. Matthew 6:19-21	O
Slowing	To curb my addiction to busyness, hurry and workaholism; to learn to savor the moment. Get enough rest. Speak more slowly. Linger at the dinner table. Look others in the eyes. Plan margin between meetings. Enter prayer leisurely. Drive in the slow lane. Psalm 46:10	O
Small Group	To take my spiritual journey with a community of trusted friends. Intentionally open yourself to others. Be known in a safe, supportive community. Bless others in a group of three or more using your gifts. Ecclesiastes 4:12; Hebrews 10:25	S
Sobriety	To live with moderation and full attachment to God – without dependence on substances that are harmful to my life. Not enabling addictive behaviors. Working on steps to recovery with a support group and/or counselor. Attending AA or NA meetings. Let addictions go for a season and turn to God instead. Ephesians 5:18	R
Solidarity in Jesus’ Sufferings	To be with Jesus in my pain and with Jesus in his pain. Meditate upon how Jesus responded to conflict and hardship. Connect your trials to those of Jesus (temptations, trials, disappointment, conflict, etc). Imagine being one of Jesus’ disciples. How would you support Jesus if you were there? Offer a cup of water in Jesus’ name. Philippians 3:10	I
Solitude	To leave people behind and enter into time alone with God. Simply be alone with God. Address your addiction to be seen. Take a retreat alone. Give God the time and space that is not in competition with any other stimulation or	R

Solitude (cont.)	social contact. Spend a little longer in the shower to be alone with God. Mark 1:35	
Spiritual Direction	To give caring attention to my relationship with God, accompanied by the prayerful presence of someone who helps me listen well to God. Allow another set of eyes and ears to help you interpret your unusual experiences and the voice of God. Listen to the desires God has placed on your heart. Draw a lifeline and divide it into 7-year segments. Write the names of those you trusted during those periods. Isaiah 50:4	R
Spiritual Friendship	To develop a friendship that encourages and challenges me to love God with all my heart, soul, mind and strength. Knowing another person well enough to be a support, encouragement, and word of God to them. Develop a healthy interdependent friendship that encourages and grows the soul. Proverbs 27:17	S
Stewardship	To live as a steward of God's resources in all areas of life; to live out of the awareness that nothing I have is my own. Thoughtfully investing resources and spiritual gifts to benefit the body of Christ. Generously sharing resources God has given you. Giving offerings that go beyond the tithe. Give an extra tip or a bonus. Remember a time when you gave generously, and it brought you great joy. Reflect, why did it touch you so deeply? Psalm 24:1; Matthew 6:19-20	I
Submission	To have Jesus as the Master of my life in absolutely every way. Seeking God's will no matter what. Laying aside the need to be in charge. Become an eager learner. Express deep regard for others. John 3:30	R
Teachability	To remain a lifelong learner who is continually open to the fresh wind of the Holy Spirit. Being appropriately open to the ideas of others. Listening more, talking less. Curb the know-it-all attitude. Learn from others, even those who are not in authority or an expert. Get comfortable saying "I don't know". Mark 4:22-24	O
Truth Telling	To live an authentically truthful life. Refuse to flatter. Say what you mean and mean what you say. Do not exaggerate or spin things to impress others. Read Psalm 139. What does God think about you? Replace lies with the truth of what God says about you. Matthew 5:37	I

Unity	To live in harmony with Christ's desire for the church to be one; to be a bridge-builder and peacemaker in the body of Christ Refrain from speaking unkind, slanderous and divisive things against others in the body of Christ. Work with believers from various traditions. Psalm 133:1	S
Unplugging	To be fully present to and uninterrupted in my interactions with God and others. Refrain from electronic devices, social media and gaming. Decide not to check email for a day or two (schedule an automated message if you want). Focus on face-to-face encounters with people. Ephesians 5:1-2	O
Visio Divina	"Holy Seeing" To worship God in the beauty of created things. Enter into praise through the beauty of creation. Use your senses to pray. Watch how God-given cycles of nature can speak to your own growth seasons. Pray while painting, hiking, appreciating architecture or any other creative beauty. Psalm 19:1-4	W
Waiting	To patiently trust in God's goodness and timing in the events and relationships of my life. Surrender your timetable. Let go of control. Give yourself space and time to grow. Do not interrupt others. Allow yourself the time it takes to do things well. Psalm 130:5	R
Welcoming Prayer	To welcome Jesus into every part of my life, body, circumstances, and relationships. Do a body scan. Release tension. Release control or the need to please people over to Jesus and welcome Jesus into the situation. Say, "I release _____ to you." Then say, "Welcome, Jesus, welcome". Take every thought captive and surrender it to the lord and king, Jesus. Matthew 6:10	P
Witness	To reveal the life-changing love of Jesus to others. Express my spiritual journey in a way that appropriately connects with others. Sharing the good news of Jesus. Address any sins that may harm your witness. Pray for people to respond to God. Acts 1:8	S
Worship	To honor and adore the Trinity as the supreme treasure of life. Intentionally cherish God, tell him what he means to you, and value him above all else in life. Respond to God with loving obedience. Regularly engage with a worshipping community. Seek first the kingdom of God. John 4:24	W

(Calhoun, pp. 28-289)

Now we will read a few Bible passages together. Notice the ways that Jesus, his disciples, and the Early Church practiced spiritual disciplines and spiritual rhythms.

Matt. 4:1-4; 6:9; 26:19; 26:30; Mark 1:35; 2:27; 6:30-32; Acts 2:42-47

Which spiritual practices from the list do you observe in these passages?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Practice a Discipline:

During each session, we will practice one or two disciplines together, to help you become familiar with some that you may not have heard of before. There is one over-arching practice that we will work on throughout the entire class: “Rule for Life”. Rule for Life is a list of spiritual practices that will help you establish and maintain a healthy rhythm, both spiritually and emotionally.

➤ **Rule for Life**

Please pause the video so you can ponder and reflect upon your own circumstances and relationship with God. Answer the following questions:

1. a. When and where do you feel closest to God?

When: _____

Where: _____

b. How do you enter most deeply into an awareness of his love for you?

c. Pay attention to the experiences, practices and relationships that draw you toward God. Are there particular practices that open you to God?

d. Are there practices that seem to stymie you?

(Now re-start the video session.)

You were wonderfully made by God
just the way you are,
with your unique characteristics, desires, and talents.

Take a moment to silently ask Jesus:
~Which practices would help me get closer to you and love you better?

Which ones would be *helpful to* me, not burdensome?

Please transform me in the way I need to grow,

And help me find rest in You.

Please flip through the list of Spiritual Disciplines and Desires again and decide upon one new spiritual discipline and one somewhat familiar spiritual discipline that you would like to try. As you read over the list, you will find that some are quite simple and basic. However, when you give your time to intentionally practice of a discipline, you will find that your mind and spirit goes to a deeper, more transformative place. After a few weeks, that simple act of worshiping and attending to God can be very comforting and strengthening to your soul. It can bring you significantly closer to Him.

A new discipline that you want to try: _____

A somewhat familiar discipline that you want to practice more meaningfully and consistently this week: _____

These two will be the start of your working Rule for Life! Please fill in the blanks below:

My Rule for Life

◆ _____
◆ _____

Activity:

- Fill in your weekly and monthly rhythm “calendars”. Use the plans you already have in place for this week and month.



My Weekly Rhythms

2020

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							
12 AM							
1 AM							
2 AM							
3 AM							
4 AM							

	My Monthly Rhythms					2020	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31				

- Now add the two disciplines that you just selected to your Weekly Rhythms calendar. Some disciplines may be best practiced daily or throughout the day, others on specific days of the week. Keep in mind, they may need to be adapted if they become burdensome. We are on a search to find the practices that help you spend sweet time with Jesus, given your current season of life, your heart's desires, and your unique personality.
- Read the descriptions and bible verses for the two disciplines you selected. If it is fitting for that discipline, set a calendar or alarm reminder.

Rule for Life Project:

By using your hands to create a tangible, physical representation of your "Rule", you will be able to recall your practices when the busyness and burdens of life creep in. I have decided to make a wall-hanging. I am going to glue dried flowers, ferns, and twigs onto some cedar boards then script words that remind me of my Rule for Life practices. At the end of the course, I will demonstrate my own art project. You can work on creating a similar art project, a poster, bookmark, or any other inspirational piece that might help you. I recommend that you start collecting materials along the way, then work on the final steps of your project (in particular, any scripting/writing) after session 5.

Preparation for Next Session:

Answer these Questions to help you discern your "Spiritual Season" in life (Calhoun, pp. 331-332):

1. Consider what you long for in your spiritual life and community right now. Think about how you are growing in relationship with God and others. Which of these seasons best describes you today? If you are in transition between seasons, make a note of that.

- I long to know and belong to God. I have a thirst for meaning, I am in awe. I am having a spiritual awakening. I might not take intentional steps toward growth when I am feeling stuck. I might be too busy to be truly connected. (spring)
- I long to love and be loved. I long to grow in grace and truth. I have a passion to belong and to grow. I am discovering my call and am feeling more secure. On days when I am struggling, I might put my family first, then focus on God's kingdom next. (summer)
- I long to live an authentic life of meaningful contribution. I am taking initiative and responsibility. I am in touch with my strengths. On days when I am struggling, I might get defensive and lack joy in my areas of responsibility. (autumn)
- I long to find God in the darkness. I may feel stuck, angry or distant from God. I might have doubts or a crisis of faith. I want a fresh, new encounter with God. Perhaps I am facing brokenness, limitations, depression, loss or grief. I might lack hope and feel like Christian fellowship is superficial and fake. (winter)
- I long to abide in God and love him above anything else in life. I have an experiential sense of being God's beloved. I invest in the growth of others. I am letting go and detaching from the things of the world. I regularly express thankfulness and have deep communion with God. On days when I am struggling, I might become bitter, critical, or resentful. (Seasoned Saint)

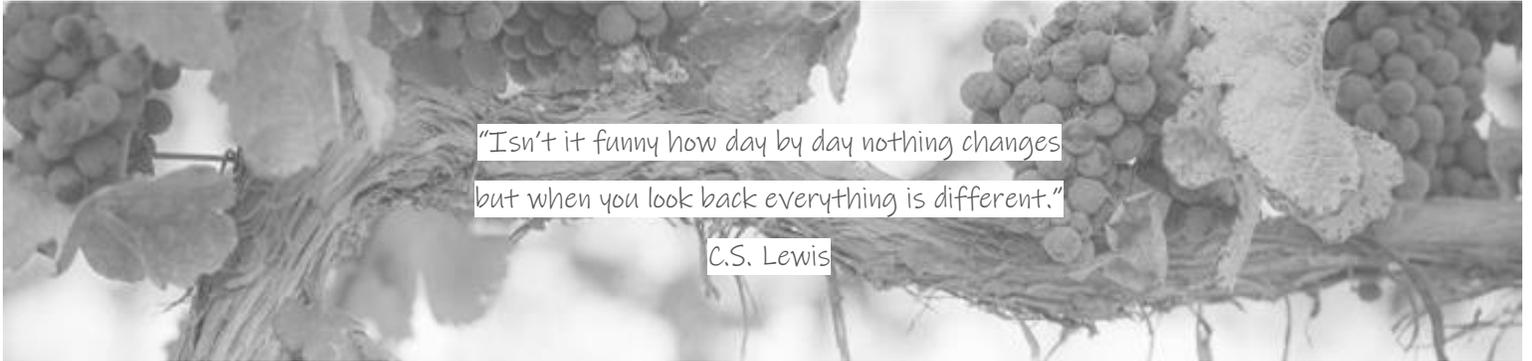
During the next session, you will also consider which disciplines are a good fit for your unique personality. Have you ever completed an Enneagram self-assessment? If you do not know your personality “number”, would you be willing to take a free basic Enneagram test? Here is a link to one that I found online: <https://www.truity.com/test/enneagram-personality-test>

Write your Enneagram Number here: _____

Now you are prepared for Session 2!

Renewing Ancient Rhythms

Session 2: Discovering Your Desire



- Read John 15:1-13. ~Jesus, would you please teach us what you mean by these words?
- What are some of the great things that happen when we remain connected to Jesus?

- Based on your preparation questions, which "Spiritual Season" is most reflected in your life right now? _____

Read over the Spiritual Seasons chart on the next page. Circle 2-3 disciplines listed under your season that draw your attention.

Spiritual Seasons and Recommended Disciplines

Season	Spring	Summer	Autumn	Winter	Seasoned Saint
Recommended Disciplines	Confession	Small Group	Examen	Devotional Reading	Contemplative Prayer
	Bible Study	Service	Mentoring	Journaling	Detachment
	Conversational Prayer	Community	Rule for Life	Fixed-Hour Prayer	Practicing the Presence
	Worship	Simplicity	Rest	Detachment	Humility
	Spiritual Friendship	Truth Telling	Walking Prayer	Spiritual Direction	Breath Prayer
	Teachability	Unity	Self-Care	Healing Prayer	Submission
	Discipling	Intercession	Hospitality	Solitude	Gratitude
		Stewardship	Meditation	Unplugging	
			Slowing	Discernment	

(Calhoun, pp. 330-331)

- Next, we will look at disciplines that are most suited for your personality type. In their book, *Spiritual Rhythms for the Enneagram*, Calhoun and Loughrige give recommended spiritual rhythms for each Enneagram number. Find your number in the chart below and write the 5 suggested practices for your personality on page 29.

Suggested Practices for Each Enneagram Number

#					
1	Gratitude	Confession and Self-Examination	Humility	Celebration/Play	Detachment
2	Self-Care	Contemplation	Compassion	Detachment	Intercessory Prayer
3	Breath Prayer	Mindfulness	Truth Telling	Secrecy	Slowing
4	Gratitude	Visio Divina	Simplicity	Solidarity in Jesus' Sufferings	Confession and Self-Examination
5	Generosity	Compassion	Detachment	Face-to-Face Connection	Spiritual Friendship
6	Justice	Practicing the Presence	Mindfulness	Blessing Others/Encouragement	Covenant Group
7	Sobriety	Simplicity	Fixed-Hour Prayer	Compassion	Fasting
8	Waiting	Detachment	Teachability	Submission/Surrender	Community
9	Celebration/Play	Submission	Gratitude	Detachment	Forgiveness/Grace-giving

select the Breath Prayer that you are drawn to the most. Choose the prayer that helps you relax, feel close to God, and that reminds you of truth. Write it out here:

Breathe in: _____

Then breathe out: _____

Breath Prayers for Your Enneagram

#			
1	Inhale: Made in God's image. Exhale: I am not the judge.	Inhale: Goodness Exhale: creates joy!	Inhale: God, you are good. Exhale: I am good enough.
2	Inhale: Made in God's image. Exhale: I reflect love.	Inhale: God, you love me. Exhale: I am wanted.	Inhale: Love contemplates, Exhale: then decides.
3	Inhale: Made in God's image. Exhale: I am not a persona.	Inhale: Do all things well, Exhale: through Christ, with Christ, in Christ.	Inhale: God, your plans. Exhale: Not mine.
4	Inhale: Made in God's image. Exhale: There is no ordinary.	Inhale: Beautiful Creator. Exhale: I am grateful to be present.	Inhale: Creativity, Exhale: joyfully renews.
5	Inhale: Made in God's image. Exhale: I can show up.	Inhale: God gives wisdom. Exhale: I share God.	Inhale: Wisdom, Exhale: lovingly directs.
6	Inhale: Made in God's image. Exhale: I am not afraid.	Inhale: God, you are here. Exhale: I can risk.	Inhale: Faithfulness, Exhale: produces peace.
7	Inhale: Made in God's image. Exhale: God fills me.	Inhale: A time to weep. Exhale: A time to laugh.	Inhale: The Lord is my Shepherd. Exhale: I have everything I need.
8	Inhale: Made in God's image. Exhale: I am not God.	Inhale: God, you are here. Exhale: I have strength to wait.	Inhale: Strength is, Exhale: contemplative love.
9	Inhale: Mighty God. Exhale: Prince of Peace.	Inhale: Made in God's image. Exhale: I am not avoidant.	Inhale: God is engaged. Exhale: I can engage.

Of the two Breath Prayers that you wrote down, mark or circle the one you want to pray today.

Let's try it out now! Pause the video, find a quiet space alone and practice silently praying your Breath Prayer to God. Take 2-5 minutes to relax, breathe in truth, and "keep company" with Jesus.

Rule for Life Project:

Select 2-3 spiritual disciplines that you want to try this week. They can be the same as last week if you are really enjoying them, or they can be new practices that you want to test out. You have complete freedom to adjust your practices according to how the Lord leads you, and according to your capacity and soul's desire. Fill in the blanks with your "working" Rule below. Then make notes on your Weekly Rhythms Sheet and set reminders for yourself accordingly.

My Rule for Life

- ◆ _____
- ◆ _____
- ◆ _____

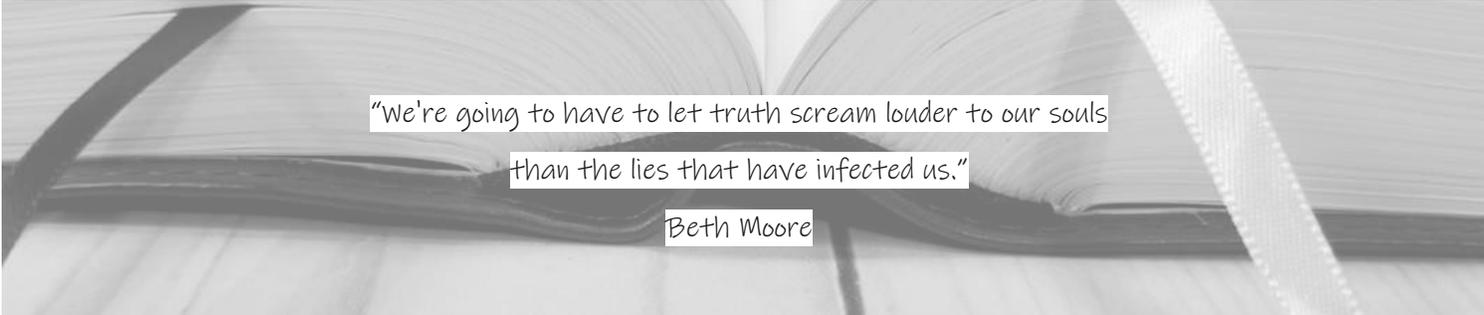
If you would like, you can work on some preparation for your “Rule for Life” art piece! Your Rule for Life is a guide and reminder of how you want to grow in the right direction. Look around your home or outdoors for supplies that you might want to use to create something at the end of your course. For my project, I pressed and dried flowers and leaves in advance. You could do that today if you would like. Your Rule for Life, key words or bible verses can be scripted/painted onto your piece toward the end of the course. You could even simply print and frame your Rule. I hope I get to see your unique expression someday!

Preparation for Next Session:

Flip back to page 6 of this study guide. Locate each of the practices you wrote down in your Rule for Life. Read the descriptions and bible verse for each. You do not need to do everything in the description and suggestions column, just something that interests you and that God is inviting you to try. Decide on one simple way that you want to practice your disciplines between now and Session 3.

Renewing Ancient Rhythms

Session 3: Hearing God's Word



"We're going to have to let truth scream louder to our souls

than the lies that have infected us."

Beth Moore

Let's pray.

Read through the "Worship Desire" phrases below. List these desires in order of importance, starting with what you currently long for most.

Worship Desire

Meaning

Worship the Trinity

(celebrating God)

Open yourself to God

(allowing for reflection and space for God)

Relinquish the false self and idols of your heart

(being authentic, letting go)

Share your life

(being part of a caring spiritual community)

Hear God's Word

(cultivating a deeper knowledge of God)

Incarnate the love of Christ

(giving of my gifts, myself and resources to help others)

Pray your life

(attending to, listening to, and connecting with God)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

- Notice, the Disciplines and Desires chart (pp. 6-17 of this Study Guide) identifies which disciplines might help meet these worship desires. They are marked with a letter from the acronym **WORSHIP** in the far-right column.
- Find those disciplines that are marked with the beginning letter of your top desire. F
 - Example: if my #1 desire is “**S**hare your life”, I would find the disciplines that have a capital **S** on the far right. One of those is the discipline of “Hospitality”, so that might be one that I would choose.

Read the descriptions for those disciplines recommended for your top **WORSHIP** desire. Ask God to show you what would be best for you.

- Of the spiritual disciplines, write down 2 that you might like to try.

- Over the next few sessions, we will focus on a few of the WORSHIP desires. Today we are going to look at “Hearing God’s Word”. But first, we will read Romans 12:2 and Ephesians 6:10-18 together, as well as an excerpt from Beth Moore’s book, *Praying God’s Word*, pp. 5-8.

According to Romans 12:2, how are we transformed?

Based on our reading concerning Ephesians 6:10-18, which are the two major offensive weapons?

In your own words, how can we renew / retrain our mind and take our thoughts captive?

Practice a Discipline:

➤ **Lectio Divina (pp. 187-190)**

Today we will practice a rich discipline called Lectio Divina which means “holy reading” in Latin. This is best practiced as a group of two or more, but you can also do it alone. We will prepare by getting comfortable and quieting our hearts with a deep breath and a moment of silence. I will guide you through our Lectio Divina passage:

Ephesians 3:14-21 NLT.

Following the Lectio Divina experience, reflect: What did God reveal to you? If you would like, you can share with a friend, write it here, or ponder it in your heart.

➤ **Memorization (p. 194-196)**

The second practice is Scripture memorization. Write a meaningful phrase from Eph.

3:14-21 in the space below:

Save that phrase and put it to memory this week. Let us retrain our minds with God's thoughts!

Rule for Life:

Fill in your current Rule with any adjustments you might have made.

My Rule for Life

- ◆ _____
- ◆ _____
- ◆ _____

Preparation for next session:

During the next session, we will focus on Prayer.

To prepare, ask yourself the following questions:

1. What kind of help do I need from God right now? Set aside a few minutes to go on a walk or sit in a quiet place alone so you can let the Holy Spirit reveal truth to you. These questions may help you reflect more deeply:

- Where do I feel empty or amiss in my life?
- Have I been tempted to believe a lie about myself?
- Have I been tempted to sin lately?
- Is there something causing me anxiety, anger, or sadness?

2. Now, please ask God to show you a promise or a truth. Search the Scriptures. If you have a complex question, you can search this website: <https://www.gotquestions.org/>

Look for an answer from the Bible. When you find a verse that is meaningful and applicable to your situation, write down the reference for that verse/passage here:

If you feel stuck, search through Psalms chapters 141-146 for a verse that addresses your need.

Renewing Ancient Rhythms

Session 4: Prayer

"Before prayer is words,
it is a gesture - a gesture of surrender.
To pray means to open your hands before God.
Prayer is born of our perceived helplessness.
We open our hands
to receive what we lack.
And we know it can be received only as a gift.
What do these open hands of surrender look like?

Four words describe this posture:

Broken

Blessed

Receptive

Quiet"

James C. Willhoit and Henry Nouwen



"Prayer is not asking.
Prayer is putting oneself in the hands of God
at his disposition
and listening to his voice in the depths of our hearts."

Mother Teresa

~Lord, we are open. We want to receive from You today.

During this session we will look further into “Prayer”. What are the 5 “Postures for Prayer”?

Give two biblical examples for each “posture”.

1. _____
 - a. _____
 - b. _____
2. _____
 - a. _____
 - b. _____
3. _____
 - a. _____
 - b. _____
4. _____
 - a. _____
 - b. _____
5. _____
 - a. _____
 - b. _____

Look back over your preparation for this session. Please write out your Meaningful Verse and the reference:

Reference: _____

Practice a Discipline:

➤ **Praying Scripture (pp. 278-280)**

Today we are learning about combining the Bible and prayer. We call this “Praying Scripture”. Try Praying Scripture by speaking your own name as you read Psalm 139:13-14. You can also Pray Scripture using the meaningful verse that you wrote out. Complete the prayer below by inserting your verse in a way that flows from your heart and makes sense, yet maintains the integrity of the passage. I have provided the start and end to your prayer. I will use Psalm 143:8 as an example:

“Father, your Word says that

_____ . Only with Your help is this possible. I receive this truth. Thank you for the life and hope you give. Amen.

➤ **Centering Prayer (pp. 235-238)**

Centering Prayer is a simple discipline that helps us connect with God. It “is a form of contemplative prayer where the pray-er seeks to quiet scattered thoughts and desires in the still center of Christ’s presence” (Calhoun, p. 235). Before we read more about this practice, please answer this question on paper (Do not speak it aloud so you don’t influence others around you if you are in a group setting): *What is ONE word that expresses your desire for God or that describes the person of God?* This singular word should reflect your heart’s desire, longing or

thought about God. There is no right answer. Simply choose a descriptive word, a verb, an adjective, a title, or a name. Write it here: _____

Now please pause the video and find a quiet place to practice this discipline. Please separate at least 10 feet from others and take 5-10 unhurried minutes to be very present with God.

Rule for Life:

Have you begun to settled on 1-3 disciplines? Write your current Rule with any adjustments you have made.

My Rule for Life

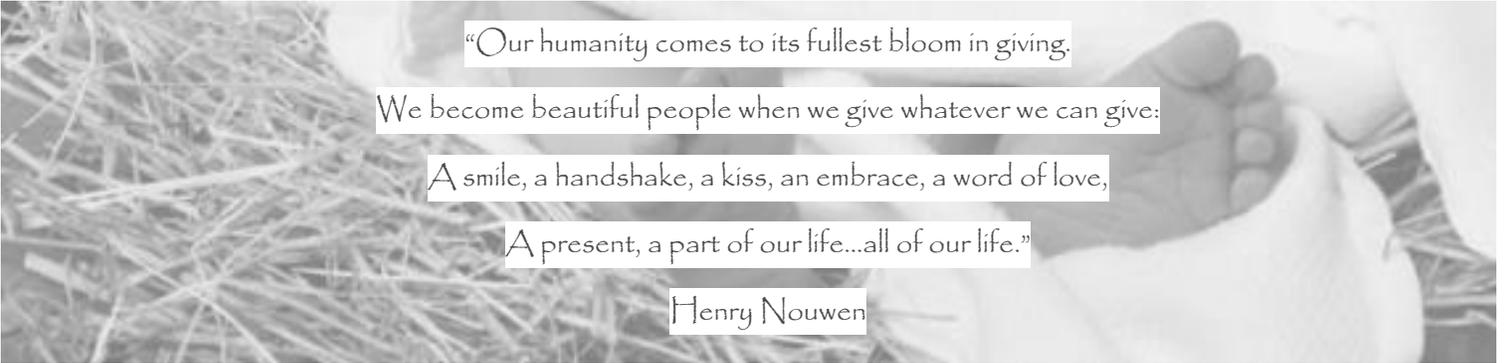
◆ _____
◆ _____
◆ _____

Preparation for next session:

- We will learn what it means to Incarnate the Love of Christ.
- Continue to establish your spiritual rhythms. With consistent practice, they will become grounding and purposeful. Enjoy! If they ever become frustrating, feel free to change them, or adjust them.

Renewing Ancient Rhythms

Session 5: Incarnate the Love of Christ



“Our humanity comes to its fullest bloom in giving.

We become beautiful people when we give whatever we can give:

A smile, a handshake, a kiss, an embrace, a word of love,

A present, a part of our life...all of our life.”

Henry Nouwen

~Thank you, Jesus, for your willingness to humble yourself so you could be with us. Amen.

During this session, we will look at the desire called “Incarnate the Love of Christ”.

Webster’s definition of “incarnate”:

in·car·nate

verb to embody or represent (a deity or spirit) in human form.

"the idea that God incarnates himself in man"

Read John 1:14; Matt. 25:34-40; Mark 12:28-31; John 13:14-17. We are called to incarnate the love of Christ, to put flesh to the love of Christ, to do for one another as He has done for us. Can you think of an example of how that would play out in your day-to-day life? Consider the poor, widows, orphans, imprisoned, marginalized, sick, discriminated, hungry, infant, elderly. Do you have an idea of how you could help promote justice for the helpless?

Practice a Discipline:

➤ **Blessing Others / Encouragement (pp. 198-201)**

- Put your hand on your heart and repeat God’s words: “I have loved you with an everlasting love” (Jeremiah 31:3). Receive the blessing of the Lord.
- Next, craft a blessing for two people. If you are in a group, do this for the person to your right and the person to your left. If you are alone, take time to write an email or text for two people who come to mind. Ask God to lead you to a Scripture or an encouragement about their character, talents, or behavior. As Calhoun says, “Don’t flatter. Ask God to give you divine insight” (p. 200). Write the blessings on paper and deliver them as soon as you can.

Rule for Life:

Fill in your Rule for Life. Make any amendments according to what is working well for you. Feel free to write/script key words or names of disciplines on your project whenever you are ready.

My Rule for Life

◆ _____

◆ _____

◆ _____

What are your impressions about keeping a Rule so far?

Renewing Ancient Rhythms

Session 6: Relinquish the False Self



When we relinquish the false self, we put off lies, incorrect things that we have come to believe about ourselves. Sometimes this process calls for repentance or forgiveness, and at other times, acceptance. Quiet and solitude will allow us to hear the voice of the Lord and discern more clearly. In place of releasing the false, we learn to accept truth, and the freedom that comes with that. ~ Gracious Holy Spirit, come, transform our thoughts.

- Read Ephesians 4:17-24. Fill in the blanks: “...be made new in the _____ of your minds; and to put on the _____ self, created to be like God in true _____ and _____” (Eph. 4:24, NIV).

Practice a Discipline:

➤ Detachment (pp. 105-108)

As a follower and friend of Jesus, the need to detach comes out of a desire to trust and be attached to God alone. You may need to detach from a desire to always be in charge, from finding your

security in possessions or career, from needing to have a look that impresses others, or from seeking to impress and please a human instead of God.

First we DETACH, then we ATTACH.

In the blanks below, write either the word detachment or attachment.

“Whoever wants to save their life will lose it [_____],
But whoever loses their life for me
and for the gospel will save it [_____]” (Mark 8:35)

“The kingdom of heaven is like a merchant looking for fine pearls.
When he found one of great value,
he went away and sold everything he had [_____] and bought it [_____]” (Matt. 13:45-46).

“Why spend money on what is not bread,
and your labor on what does not satisfy? [_____] Listen, listen to me, and eat what is good, [_____] and you will delight in the richest of fare” (Isaiah 55:2).

We will pause for a private moment of self-examination and repentance if you sense conviction.

Ask Jesus these questions:

Is there something that I need to relinquish/detach from? _____

What can I “attach” to instead? _____

Rule for Life:

With the awareness that seasons come and go and that practices like these may change over time, fill in the practices or ancient rhythms that help you keep company with Jesus and that delight your soul:

My Rule for Life

◆ _____
◆ _____
◆ _____

As this study concludes, I encourage you to take a day to get away from the noise. Allow yourself a day to fast and pray on the coast or to hike a forest path. Be silent. Be alone with the Lord. Listen. May you hear God’s voice above all others and may you be rooted and established in His love (Eph. 3:17). I pray that your new spiritual rhythms bring calm and peace and help transform you more and more into the likeness of Christ.

~Almighty Father, by the power of your Spirit, please help us walk in the grace and freedom that we have through Jesus Christ. As we remain connected to You, we anticipate what you will do in and through us. May You be blessed as we come to know you more intimately, and may we become a bright witness of Your incredible beauty and extravagant love. Amen.

Sources

Calhoun, Adele A, *Spiritual Disciplines Handbook: Practices that transform us (Revised and Expanded)*. InterVarsity Press. Downers Grove, IL, 2015.

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Moore, Beth, *Praying God's Word: Breaking free from spiritual strongholds*. B&H Publishing Group. Nashville, TN, 2009.